



# INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

( Peer-reviewed, Refereed, Indexed & Open Access Journal )

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 6.865 (SJIF 2023)

## ROLE OF *NETRA TARPANA KRIYAKALPA* IN THE MANAGEMENT OF *ABHISHYANDA* W.S.R. TO INFECTIVE CONJUNCTIVITIS

**Dr. Shubhada Rahul Ghuge**

PG Scholar Shalakyta Tantra,  
D. Y. Patil College of Ayurveda,  
Pimpri, Pune (Maharashtra, India)

**Dr. Vikas Kumbhar**

MD Shalakyta Tantra, Associate Professor,  
Dept. of Shalakyta Tantra,  
D. Y. Patil College of Ayurveda,  
Pimpri, Pune (Maharashtra, India)

DOI No. **03.2021-11278686** DOI Link :: <https://doi-ds.org/doi/10.2023-81647296/IRJHIS2305004>

### Abstract:

*Ayurveda is a science of life, which has main aim of disease prevention as well as cured from the diseases<sup>1</sup>. Ayurveda has mentioned various principles and treatment modalities in which Shalakyta Tantra is one of them. It deals with the diseases occurring in the organs situated above the neck i.e. Urdhvajatrugata Roga. Kriyakalpa are the known and important part of Shalakyta Tantra which are useful for the management of Netra Rogas. Tarpana is one of the Kriyakalpa, which are useful in various pathological and physiological conditions of Netra. Tarpana causes Brihanato the eyes with the help of Snigdha Dravyas. Abhishyanda i.e. Conjunctivitis is an inflammatory condition of the membrane of the eyelids and this infection exposed to the surface of sclera<sup>2</sup>. Abhishyanda is one of the Aupasargika Roga which is explained by Acharya Sushruta. There are so many line of treatments are mentioned for the Abhishyanda, like Ashchyotana, Tarpana, Putapaka Kriyakalpa ; in which NetraTarpana Kriyakalpa is one of the good management for Abhishyanda.*

**Keywords:** Kriyakalpa, Abhishyanda, Ayurveda.

### Introduction:

*Shalakyta Tantra is the branch of Ayurveda which deals with the treatment of diseases in the organs which are situated above the neck such as eye, nose, ear, oral cavity etc<sup>3</sup>. Acharya Vagbhata while explaining Ashtanga Ayurveda, mentioned 'Urdhvanga' instead of Shalakyta Tantra<sup>4</sup>. Life of the all living beings and Indriyas are situated in the head, hence it is known as 'Uttamanga'<sup>5</sup>. The treatment given to the part of the body is mentioned in Shalakyta Tantra.*

*Abhishyanda is one of the important disorder found in daily practice. It is classified as 'Sarvagata Roga'<sup>6</sup>. It has four types; Vataja, Pittaja, Kaphaja and Tridoshaja. Abhi means profuse and Shyanda means discharge from eyes. Abhishyanda is mentioned as root cause for development of all disease, which needs immediate management. In all types of Abhishyanda, Edema, Pain,*

Discharge etc clinical features varies<sup>7</sup>.

Conjunctivitis is an inflammation of conjunctiva characterized by pain, swelling, watering and congested blood vessels in the eyes<sup>8</sup>. Infective conjunctivitis is developed by a variety of bacterial or viral pathogens and non-infective causes like allergies, irritants or any medications. In Ayurveda, *Abhishyanda* can be correlated with the Conjunctivitis.

*Netra Tarpana* is one among in the 7 *Kriyakalpas*, which gives nourishment to the eyes. *Tarpana* is used in the *Vata*, *Pitta* and *Kapha Vikaras*. *Abhishyanda* is one of the common disease in daily practice which needs immediate treatment and Ayurveda has best solutions for it. *Netra Tarpana* is one of the important *Kriyakalpa* which is useful for the management of *Abhishyanda*<sup>9</sup>. *Triphala Ghrita* is indicated in the all *Netra Rogas*<sup>10</sup>. So, here *Netra Tarpana* is given with the help of *Triphala Ghrita* for seven days.

## Materials and Methods:

### Case study:

A 35 year old Female patient visited in OPD of *Shalakyatantra* presenting with the complaints of *Aaraktata* [Redness] and *Kandu* [Itching] in the right eye since from 2 days.

**Name of patient:** ABC, 34 year old, Male

### Chief complaints:

1. *Aaraktata* [Redness] in the right eye.
2. *Kandu* [Itching] in the right eye.

### *Ashtavidha Pariksha:*

- |                                  |                                    |
|----------------------------------|------------------------------------|
| a. <i>Nadi</i> = 78 / min        | e. <i>Shabda</i> = <i>Prakruta</i> |
| b. <i>Mala</i> = <i>Samyaka</i>  | f. <i>Sparsha</i> = <i>Anushna</i> |
| c. <i>Mutra</i> = <i>Samyaka</i> | g. <i>Druka</i> = <i>Prakruta</i>  |
| d. <i>Jivha</i> = <i>Nirama</i>  | h. <i>Akruti</i> = <i>Madhyam</i>  |

### General examination:

PR – 78 / min

BP - 130/90 mm of Hg

RR – 18 / Min

RS – AE= BE, Clear

CVS – S<sub>1</sub> S<sub>2</sub> N

CNS - Conscious, Oriented

P/A - Soft, No Tenderness

### History of present illness –

A Female patient was normal before 2 days. She developed *Aaraktata* [Redness] and *Kandu* [Itching] in the right eye. For this she had taken allopathic treatment in which she found no relief.

Therefore, patient comes to OPD of *Shalaky Tantra* department.

**Past History:**

No history of any major illness. No H/O – DM, HTN

**Treatment History:**

No previous H/O - Any treatment.

**Surgical History:**

No H/O - Any surgery.

**Ocular examinations:**

- Conjunctiva –Congestion, Chemosis of right eye.
- Eye lid – Swelling of right eye, Sticking together lid margin.
- Discharge – Mucopurulent
- Cornea – Pointed white lesions
- Sclera – Reddish

Visual acuity – Left eye – 6/6

Symptoms – Foreign body sensation, Mild photophobia, Discomfort in the right eye.

Diagnosis – *Abhishyanda* [Infective Conjunctivitis]

**Management:**

For the management of *Abhishyanda* – *Netra Tarpana Kriyakalpa* was given with *Triphala Ghrita* for up to 7 days.

*Triphala Ghrita* is mentioned in *Sharangdhara Samhita Madhyam Khanda*, which is mentioned for all types of *Netra Rogas*. It contains *Triphala, Vasa, Bhringraja* etc *dravyas*. All drugs from *Triphala Ghrita* having *Tridoshaghna* properties<sup>10</sup>. In *Netra Tarpana Triphala Ghrita* enters in the deeper layers of the *Dhatus* and helps to cleanses the eyes. Also there is *Shamana* of *Aaraktata* [Redness] and *Kandu* [Itching] which is present in the right eye.

***Netra Tarpana Vidhi*<sup>11</sup> –**

*Netra Tarpana Kriya* was carried in following three steps ; *Poorva Karma, Pradhana Karma* and *Pashchata Karma*. Which are mentioned as follows ;

**A) *Poorva Karma*:**

- ❖ Patient should be subjected for the *Shodhana* by *Nasya* and *Virechana* before advising *Netra Tarpana*.
- ❖ The Patient should lie down in supine position on a table.
- ❖ A uniform, smooth dough has to be prepared with the help of *Masha* flour.
- ❖ Mild *Snehana* and *Nadi Sweda* has given around the orbit and over the eyelids.
- ❖ *Triphala Ghrita* should be kept ready.
- ❖ The time for administration of *Tarpana* should be *Pratah Kala* [Morning] or *Sayam Kala*



[Evening] according to the *Vagbhata*<sup>12</sup>.

### B) Pradhana Karma:

- ❖ A Circular frame which is having 2 *Angula* height is constructed around the right eye with the help of dough of *Masha* flour.
- ❖ Then *Koshna Triphala Ghrita* is slowly poured on right eye till the eyelashes get immersed.
- ❖ Then patient is asked to slowly blink the right eye.
- ❖ Duration for *Tarpana* is near about 15-20 minutes for about 7 days. According to *Sushruta*, *Tarpana Kala* is as per dominance of *Dosha* and as per *Vyadhi*<sup>13</sup>.

### C) Pashchata Karma:

- ❖ After *Tarpana*, *Triphala Ghrita* is drained by making hole at the site of *Apanga Sandhi* at *Paalishthana* and which is cleaned, followed by mild *Nadisweda*.
- ❖ *Dhoomapana* is given to expelled to *Kapha* which is caused by *Triphala Ghrita*.
- ❖ Patient should be advised to avoid sun, sky, heat exposure.

### Observations:

The effect of treatment on *Aaraktata* [Redness] and *Kandu* [Itching] in the right eye is as follows;

Symptoms	Before treatment	After treatment
<i>Aaraktata</i> [Redness] in the right eye	++++	+
<i>Kandu</i> [Itching] in the right eye	+++	0

**Gradations of symptoms:** + = Mild , ++ = Moderate , +++ = Severe

Days	Changes
1 <sup>st</sup> & 2 <sup>nd</sup> day	Discharge drains
3 <sup>rd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> day	Lid swelling and right eye congestion reduced
6 <sup>th</sup> & 7 <sup>th</sup> day	Lid swelling, redness, itching, congestion has reduced up to 80-90%.

### Discussion:

*Triphala Ghrita* is generally used for *Netra Tarpana*. It is one among the seven *Kriyakalpa*. *Tarpana* has more tissue contact time, which leads to local vasodilatation. *Netra Tarpana* helps to clean the eyes as well as it goes up to deeper layers of the *Dhatus*. *Ghrita* having lipophilic action which facilitates the transportation of the *Dravyas* to the target organ<sup>14</sup>. *Triphala Ghrita* having water soluble and lipid soluble constituents which are penetrates through the layers of cornea. *Netra Tarpana* acts through the help of more absorption of the drug by corneal surface and by exerting

pressure on Cornea.

In this case study observations was done before and after treatment based on symptoms. *Aaraktata* [Redness] and *Kandu* [Itching] along with mild photophobia, lid swelling, etc. The drugs of *Triphala Ghrita* having anti-inflammatory, anti-bacterial, anti-viral, analgesic properties, which helps to reduced the signs and symptoms.

### Conclusion:

*Abhishyanda* [Conjunctivitis] includes immediate treatment. *Netra Tarpana* is one of the important *Kriyakalpa*. In conclusion, *Triphala Ghrita* found effective in the management of *Abhishyanda* with proper *Pathya - Apathya*. In this study, *Aaraktata* [Redness] and *Kandu* [Itching] along with mild photophobia, lid swelling, etc. has been reduced in the 7 days of study.

### References:

1. Chakrapani, Charaka Samhita by Agnivesa, edited by Vaidya Jadavaji Trikamji Acharya, Sutrasthana, adhyaya 30<sup>th</sup>, Shlok no. 26, Chaukhambha Publications, New Delhi, Reprint 2017, 187.
2. A.K.Khurana, et al, Disease of conjunctiva, comprehensive ophthalmology, 6<sup>th</sup> ed. New Delhi, Jaypee the health science publisher, 2015, 79.
3. Sushruta, Kaviraj Ambika datta Shastri, Sushruta Samhita, Sutra sthana, adhyaya 1<sup>st</sup>, Shlok no.10, Vol.1, Chaukhambha Sanskrit Sansthana, Varanasi, Reprint 2015, 5-6.
4. Vagbhatta, Dr. Brahmanand Tripathi, Ashtanga Hridaya, Sutrasthana, adhyaya 1<sup>st</sup>, Shlok no.5, Chaukhamba Sanskrit Pratishtana, Delhi, Reprint 2014, 5.
5. Chakrapani, Charaka Samhita by Agnivesa, edited by Vaidya Jadavaji Trikamji Acharya, Sutrasthana, adhyaya 17<sup>th</sup>, Shlok no. 12, Chaukhambha Publications, New Delhi, Reprint 2017, 99.
6. Sushruta, Kaviraj Ambika datta Shastri, Sushruta Samhita, Uttarantra, adhyaya 6<sup>th</sup>, Shlok no.3-4, Vol.2, Chaukhambha Sanskrit Sansthana, Varanasi, Reprint 2015, 33.
7. A.K.Khurana, et al, Disease of conjunctiva, comprehensive ophthalmology, 6<sup>th</sup> ed. New Delhi, Jaypee the health science publisher, 2015, 79-80.
8. A.A. Azari, A. Arabi, Conjunctivitis: a systematic review, J. Ophthalmic Vis. Res. 15, 2020, 372-395.
9. Sharangdhar, Brahmanand Tripathi, Uttara Khanda, adhyaya 13<sup>th</sup>, shlok no. 38-40, Choukhambha Surbharti Prakashan, Varanasi, reprint 2017, 281.
10. Sharangdhar, Brahmanand Tripathi, Madhyama Khanda, adhyaya 9<sup>th</sup>, shlok no.66-71, Choukhambha Surbharti Prakashan, Varanasi, reprint 2017, 150.
11. Sushruta, Kaviraj Ambika datta Shastri, Sushruta Samhita, Uttarantra, adhyaya 18<sup>th</sup>, Shlok no. 5-8, Vol.2, Chaukhambha Sanskrit Sansthana, Varanasi, Reprint 2015, 93.

12. Ashtanga Hrudayam, Sarvanga sundara of Arunadatta and Ayurveda Rasayana of Hemadri, Edited by Bhisagacharya Harishastri Paradakara Vaidya, Sutrasthana, adhyaya 24<sup>th</sup>, Shlok no. 4, Chaukhambha Orientalia, Varanasi, Reprint,10<sup>th</sup> edition-2017, 308.
13. Malagi KJ, et al, Triphala an Ayurvedic Rasayana protects mice against the radiation-induced lethality” Indian Journal of Radiation Research. 2004; 1: 42.
14. Ehrhardt et al, Drug Absorption Studies: In Situ, In Vitro and In Silico Models, Springer publication, 2008, 289.

